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## **HEMI-SYNC®: A PROMISING NEW TECHNOLOGY FOR PERSONAL GROWTH**

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Wilma had originally been referred to me because of high levels of stress due to job dissatisfaction, marital problems, and family pressure. We had initially made considerable progress in stress reduction, but it had gradually become clear that something was interfering with our work. It appeared that buried in her unconscious was some kind of memory or experience which was generating anxiety and was somehow related to her problems. For several months we had been trying a variety of techniques to access this material, but each time we approached it her anxiety would become so great that we would have to back off.

I then decided to try using Metamusic® *Eddys* Hemi-Sync audio tape with her. I had recently learned of the Hemi-Sync technology and The Monroe Institute. I attended a professional meeting there and learned that some psychotherapists using these tapes with clients had found that they considerably enhanced the process of therapy. From the very beginning, Wilma found the tape so calming that I gave her one to take home. Tension and anxiety had been causing insomnia, so I suggested that she try playing the tape at night to see if it would help her get to sleep.

The following session she came in very excited. The first few nights the tape helped her to get to sleep quickly. Then one night she awoke about 3:00 a.m. She began playing the tape as usual, but instead of going to sleep, she had a most unusual experience. She found herself suspended in the air above her grandmother's back yard, watching herself at the age of four or five being sexually abused. She was able to become aware of this memory without experiencing any of the anxiety which had previously been blocking us from it. As she continued to use the tape, more of the details came into awareness, including the fact that the abuser was a close relative and that she tried to tell her mother, but her mother would not believe her. Recollection of this buried memory became a turning point in her therapy.

A revolution is occurring today in what we know about the brain. Neuro-scientists say that we have learned more about it in the just the last ten years than we learned in all the previous ages. One of these recent discoveries is synchrony, or the state of whole-brain thinking. Under ordinary circumstances, the left and right hemispheres of our brain operate pretty much independently. However, in certain extraordinary mental states, such as deep meditation or increased creativity, regions of both hemispheres shift into a single, coherent rhythm, operating in unison. Our brain seems to have more power when it is operating in this synchronized state.

Robert Monroe, founder of The Monroe Institute in Faber, Virginia, has for some years been working on the use of sound to influence brain wave patterns. In 1975 he acquired the patent for psycho-physical entrainment of sound patterns. His work is based on the premise that certain sound patterns produce what he refers to as a Frequency Following Response in the electrical activity of the brain. When separate signals are fed into each ear using stereo headphones—for example 400 Hz. (cycles per second) into one ear and 410 Hz. into the other—the two hemispheres of the brain cooperate together to produce a third signal, a binaural beat which is the difference between these two signals—in this case, 10 Hz.

This third signal is not an ‘actual’ sound, but rather an electrical signal which the brain ‘thinks’ it hears. When this signal is within the frequency range of brain waves, regions within the two hemispheres tend to produce brain waves of that frequency. Moreover, the brain wave patterns in these regions appear to be synchronized with each other, hence the term hemispheric synchronization, or Hemi-Sync for short. Monroe has discovered that, if you know the brain wave pattern associated with a particular mental state, you can use Hemi-Sync to generate that pattern in an individual. Furthermore, creating the brain wave pattern enables the individual to experience that mental state. Once experienced, an individual can learn to reproduce this state at will.

Monroe has developed a number of Hemi-Sync audio cassette tapes for a variety of purposes. I have been using some of these tapes both personally and with clients. My personal experience with the tapes has been that initially the effect was relatively subtle, but I now clearly experience a calm, relaxed, detached, hassle-free state which seems to endure long after listening. My associates have remarked on the changes they have noticed in my behavior. Neither I nor any of my other clients has yet had as dramatic an experience with the tapes as Wilma reported.

The most general effect reported by virtually all of my clients is calmness and relaxation. So far I have observed positive results in using the tapes with clients for insomnia, stress reduction, and increased self-awareness, and some remarkably favorable results in controlling headaches and back pain. It is interesting to me that the relaxed detachment produced by the tapes appears to correspond with descriptions I have read of the mental state resulting from deep meditation.

After using Hemi-Sync tapes for slightly more than a year, I am both pleased and excited with the results I have been experiencing both personally and with my clients. I am intrigued with the idea of using technology which is accessible to everyone to effect positive changes in brain wave activity, thus facilitating positive changes in mental and emotional states. I look forward to discovering further benefits as I continue to explore and work with Hemi-Sync.

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